



Week 33

OVERVIEW OF LECTURE

About Being Human & Why do Yoga

The Practical Benefits of the Basic Yoga Poses Part II



ABOUT BEING HUMAN

Why Do Yoga?

Everything has a soul.

Expand your sense perception

Purify your body.

If you are everyone then you need no ethical or moral guidelines.

Memory is our problem

TRIANGLE POSE (Trikonasana)

**TRIANGLE POSE
(Trikonasana)**

- To balance the nerves and stabilise unnatural or abnormal emotional and thinking responses.
- To create the necessary energy for left/right balance of the spine/nervous system.
- Use this pose to reduce stiffness and lack of function in the sides of the chest.
- Corrects distortions in the organs affected by bad posture.
- Use this pose to help with diarrhoea, constipation, bad posture, internal organ distortion, congestion, anaemia, ringing in the ears, breathing problems, anxiety and pain in general.

TREE POSE (Vrksasana)

**TREE POSE
(Vrksasana)**

- To recover balance and undo twisting of the body and forward tilt.
- Harmonise the body and mind.
- This pose re-establishes the centre of gravity and reflexes.
- Use for arteriosclerosis, haemorrhoids, bad posture, and general fatigue by strengthening the organs on the side of the body you are standing on and stabilising the body.

HALF LORD OF THE FISHES POSE (Ardha Matsyendrasana)

**HALF LORD OF THE FISHES POSE
(Ardha Matsyendrasana)**

- To return the body to normal from a twisted condition.
- This pose increases mental and physical activity by increasing blood circulation.
- It relieves congestion and inflammation.
- Use this pose for the treatment of neuralgia, pain in the spine and lack of appetite.

PLOW POSE (Halasana)

**PLOW POSE
(Halasana)**

- To dynamically stretch the spine and strongly contracts the abdomen.
- To maintain normal spine function and to stimulate sacral function.
- Use for anti-ageing, any muscle problems, back pain, neuralgia, and eliminating excess fat from the back and abdomen.

BOW POSE (Dhanurasana)

**BOW POSE
(Dhanurasana)**

- For increasing healthy abdominal pressure and strengthen the hips.
- This pose makes you feel refreshed and improves circulation to the lower body by activating the endocrine glands and the central nervous system.
- Use for kidney problems, impotence, infertility, irregular menstruation, rheumatism, overweight, and sitting for long periods.
- Use also for thyroid problems, the thymus, spleen, and liver issues. Use for frigidity and gonad problems.
- Overall, this pose eliminates unpleasant feelings and makes you feel like being more active.

GRASSHOPPER POSE (Salabhasana)

**GRASSHOPPER POSE
(Salabhasana)**

- Tightens the hip and buttock muscles.
- Tightens the waistline and lifts the hips.
- This pose dramatically improves the humpback and balances the lower body with the upper body by holding the breath in.
- Use for prolapsed organs including the uterus. Use for irritable mind, laziness, mental stability and to improve oestrogen balance.

ARCH OR WHEEL POSE (Urdhva Dhanurasana)

**ARCH OR WHEEL POSE
(Urdhva Dhanurasana)**

- Calms overexcited sympathetic nervous system
- Activate the sex glands and the entire endocrine system.
- Use to beautify the body and help with irregular menstruation, rheumatism, indigestion, and recovery from fatigue.
- Re-establish normal feelings and desires.

SUPPORTED SHOULDER STAND POSE (Salamba SarvanGasana)

**SUPPORTED SHOULDER STAND POSE
(Salamba SarvanGasana)**

- Correct the shape of the body and increases blood flow to the spine.
- Stimulates and strengthens the thyroid gland which governs stamina and improves sexual and skin function.
- Use to maintain youthfulness due to being an inverted posture.

PEACOCK POSE (Mayuasana)

**PEACOCK POSE
(Mayuasana)**

- Opens natural personality by improving abdominal arteries.
- Use to eliminate internal organ congestion. Counter the effects of aging and maintain a youthful appearance and attitude.
- Strengthen the autonomic nerves, improve circulation, stabilises emotions and creates a positive attitude to life by establishing individuality.